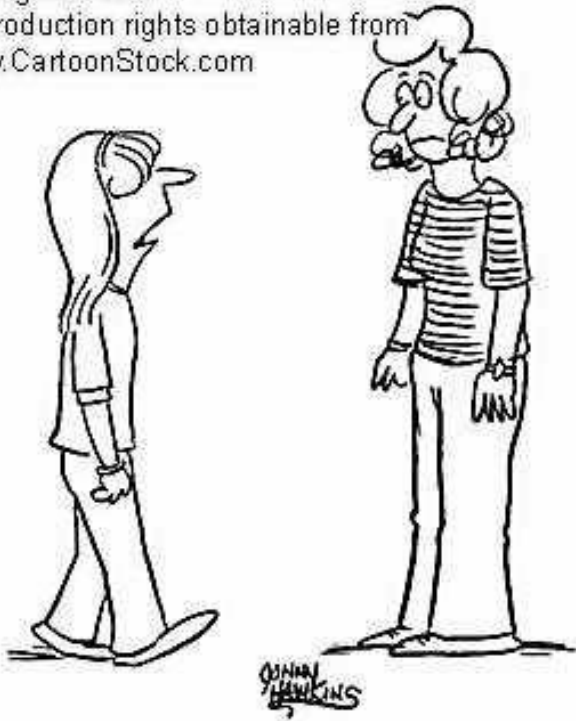


UNDERSTANDING HEALTH CARE TRANSITION

© Original Artist
Reproduction rights obtainable from
www.CartoonStock.com



search ID: jhan410

"Don't call me a teenager. From now on, I want to be referred to as a pre-adult."

Megan Curran, MD
Pediatric Rheumatologist
Ann & Robert H. Lurie
Children's Hospital
of Chicago

Presentation courtesy of:
Rebecca Boudos, LCSW
Spina Bifida Clinic
Transition Specialist

Parag Shah, MD
Chronic Illness
Medical Director

OBJECTIVES

- What do we mean by “Transition”
- Facts, Challenges, Barriers
- Implementing Transition
- Tips and Resources



TRANSITIONS

HEALTH CARE TRANSITION

“the purposeful, planned movement of adolescents and young adults with chronic physical and medical conditions from child-centered to adult-oriented health care systems.”

(AAP Clinical Report 2011)

KNOWN BARRIERS

- **Pediatric Providers have reported**
 - Lack of adult physicians to care for young adults with chronic illness
 - Lack of adult physicians with knowledge of pediatric diseases
 - Poor reimbursement
 - Their own reluctance



KNOWN BARRIERS

- **Adult Providers have reported**
 - Lack of training
 - Difficulty meeting psychosocial needs
 - Lack of time and reimbursement
 - Lack of coordinated transfer from pediatric practices

- **Families and Patients have reported**
 - Differences in culture between pediatric and adult health care models
 - Nervousness about going to somebody that “doesn’t know anything about me”



PEDIATRIC VS ADULT MODELS OF HEALTH CARE

Pediatric

- Provider & parent controlled
- Comprehensive, multi-disciplinary clinics (one-stop-shopping)
- Case management & social work support
- Families supported through process

Adult

- Patient responsible
- Multiple providers each caring for separate issues
- Less social work or case management assistance
- Patient must be proactive to get services

GENERAL APPROACH TO TRANSITION PROGRAMS

SIX CORE ELEMENTS FOR PROVIDERS

- | |
|---|
| 1. Develop a transition policy |
| 2. Identify youth that are going to be difficult to transition |
| 3. Assess youth for transition readiness
CHECKLIST |
| 4. Develop tools for transition <ul style="list-style-type: none">a. Portable medical summaryb. Emergency plan |
| 5. Transfer care <ul style="list-style-type: none">a. Summaryb. Communication with new providerc. Condition fact sheet if necessary |
| 6. Completion of Transition
Continue to be a resource for patient and adult provider |

WHEN SHOULD TRANSITION BEGIN?

- Ages 11-13
- Youth most receptive to future planning
- Less gap between peers



STEP 1: HEALTHCARE PROVIDER'S TRANSITION POLICY

- **Timeline**
 - **Initiation**
- **Outcomes**
 - **What should the youth know and do before they leave the office**
- **Transfer**
 - **Practice processes**
 - **Communication**


STEP 3: ASSESSING AND PREPARING YOUTH

- Knowledge
- Skills
- Responsibilities

USE A CHECKLIST TO HELP

CHECKLIST EXAMPLES

Patient Name: _____ Birthdate: _____ Age: _____
 Completed By: _____ Date: _____

 **Transition Checklist for Teens**

This **Transition Checklist for Teens** is about the skills you need to learn to take care of your health when you become an adult. Your doctor or nurse will talk with you about the areas where you want help. Please complete this checklist by marking the box or boxes that describe you the best. If you do not understand a question, please ask your parent, nurse, or doctor for help.

ACCESSING HEALTH CARE - Skills and Abilities:	YES, I do	NO, I will learn	Someone will need to do this for me	NA, Will not be needed	Need more info
△ Do you wear or carry a medical alert (list of allergies, conditions)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
△ Do you speak up for yourself in your doctor's office?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
△ Do you help make health care decisions with your family or doctor?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
△ Do you see your doctor without your family/parents in the room?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
□ Do you know your rights to keep your health information private?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
□ Do you call your doctor(s) on your own if you have a problem?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
□ Do you know how to schedule your own doctor appointments?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
○ Do you have an updated portable medical summary and/or care plan?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
○ Do you have an adult doctor (or a doctor for while you are at college)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
MANAGING YOUR CONDITIONS AND TREATMENTS - Skills and Abilities:					
△ Do you know how to describe your own health conditions/disabilities and do you know how they affect your daily life?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
□ Do you know the names of your medicines and why you take them?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
□ Do you know what can happen if you skip your treatments or medicine?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
○ Do you almost always take your medicines correctly on your own?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
○ Do you know when and how to fill your own prescriptions (knowing who prescribed and where to call, getting refills on time)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
○ Do you use and take care of your own medical equipment and supplies?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
○ Do you know when to call for routine checkups, urgent care, and when to go to the emergency room or call 9-1-1?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
STAYING HEALTHY - Skills and Abilities:					
△ Do you know how to maintain a healthy lifestyle (diet, activity, etc.)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
△ Do you understand how smoking, drinking, and/or using drugs can affect your condition (worsen symptoms, react with your medicines)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
□ Do you know how your condition affects sexuality (the need for closeness, caring, and touch, sometimes involving sexual activity)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
□ Do you know what you'll do for birth control, safe sex, and reproductive concerns (genetics, pregnancy)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
INSURANCE - Skills and Abilities:					
□ Do you know how to use your health insurance benefits (co-pays, referrals)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
○ Do you know who to call for questions about your insurance coverage?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
○ Do you know how you will maintain health insurance as an adult?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
OTHER AREAS OF TRANSITION - Skills and Abilities:					
□ Do you know what you will do after high school (job, more school, recreational options, volunteer, etc.)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
□ Do you know of resources that can help you to find adult services (job support, transportation, assistive technology, etc.)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
□ Do you know how your condition might affect your job choices?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
○ Do you know what government benefits you might qualify for (SSI, SSDI, Health Benefits for Workers with Disabilities, Home & Community Based Services, etc.)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
○ Do you know about guardianship or power of attorney for health care?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
○ Do you know your options for housing as an adult (on your own, group home)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
○ Do you know how to manage your money and pay your bills?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

KEY: △ ET □ MT ○ LT

See
transition
resources at
end of slide
presentation

KNOWLEDGE

WHAT DO YOUTH WANT TO KNOW

- What to do in an emergency
- Learning to stay healthy
- How to get health insurance
- What could happen if condition gets worse

KNOWLEDGE

- Name of condition
- Symptoms of condition
- Names of medication and purpose
- Names of doctors and purpose
- How risk taking behaviors may affect medical condition
- Where to go in an emergency
- Basic information on insurance plan



EXAMPLES - KNOWLEDGE

- A pediatric rheumatologist is about to transfer care of a patient to a new adult doctor. What are some things the doctor can do to ensure the patient knows about their condition?
- Have patient describe their illness in 3 sentences
- Have them learn about their medical history from their parent, major hospitalizations, surgeries, medicines etc.
- Have patient create a portable medical record

SKILLS

- Speak directly to your medical team
- Meet alone with your medical team
- Call the nurse yourself
- Make an appointment
- Manage self care and medical skills
- Fill a prescription or medical supplies
- Take medications




EXAMPLES - SKILLS

- It has been a year since your last appointment with your specialist. Your doctor wants to start teaching you to become more independent. What can your doctor do?
- Speak directly to patient so they can learn to communicate
- Direct patient to front desk to make the appointment themselves
- Have patient prepare some questions to ask the doctor about their condition

RESPONSIBILITY

- Gradual shift in responsibility from caregiver to teen
- Teen going from consultant to manager to CEO
- Following recommendations to medical treatment (medications, regimens, restrictions)
- Take ownership of your body

THE SHARED MANAGEMENT MODEL



Stage	Provider	Parent/Family	Young Person
Early	- Major responsibility	-Provide care	-Receives care
	-Support to parent/family & child/youth	-Manages	-Participates
Middle	-Consultant	-Supervisor	-Manager
	-Resource	-Consultant	-Supervisor
Late			

Gall, Kingsworth, and Healy, 2006

EXAMPLES - RESPONSIBILITY

- Your doctor is trying to encourage you to become more adherent with your medical treatment. What can your provider do?
- Ask directly about barriers
- Use resources (technology, pill boxes) to help improve compliance

ASSESSMENT OF YOUTH

- Guardianship
- Insurance, benefits, and future financial planning
- Patient confidentiality rights
- Community Resources
 - Community participation has strong association with successful transition
 - Pediatricians may not know about community resources that are available
- Career/Vocation support

STEPS 4 AND 5: TRANSFER OF CARE

WHAT DO ADULT PROVIDERS WANT

- 95% written summary and support from specialists,
- 91% want to speak w prior provider,
- 84% written educational info about condition

Peter, N. G., C. M. Forke, et al. (2009). "Transition from pediatric to adult care: internists' perspectives." Pediatrics **123**(2): 417-23.

PORTABLE MEDICAL RECORD

NAME
Address, Home Phone, Cell Phone, Email
DOB 5/24/73 **SS#** 289-XX-XXXX **ALLERGY:** Sulfa Drugs, Adhesive Tape

- High intelligence (130 IQ), compliant patient, high tolerance to pain
- Incomplete Quad (has sensation), only movement left index finger 10 cm
- Need to explain EVERY procedure, when possible, ask for consent prior to doing
- If unable to talk => one blink = yes / two blinks = no - Read his lips - OR - letter/word board to direct his care.

PRIMARY DIAGNOSIS	AGE: 30	HEIGHT 4'3" (51inches)	WEIGHT 80lbs approx
1. NEURO/MUSCULAR 359 Muscular Dyst/335.1 SMA			Spinal Muscular Atrophy Type 2 (Severe Anterior Horn Cell disease, 3/74)
2. RESPIRATORY V44 Trach, 518.81 Respir Failure 486, Pneumo Org NOS			incomplete quad (has full sensation), no functional movement Respiratory failure - trach and vent (9/01), Chronic RLL Atelectasis, Recurrent pneumonia (last hospitalization, 9/01) Respiratory insufficiency, poor residual functions and reserved capacities Decreased esophageal motility, s/p feeding gastrostomy tube (7/83)
3. GASTRO V44.1 Gastro Status			
4. ORTHOPEDIC 717.1 754.00, 754.81			Severe deformities: thoracic, pelvic obliquity, bilateral dislocated hips flexion contractures, spinal fusion (3/82 Lueke Rod), pectus excavatum Undescended L testicle (since birth), intermittent cath (10/01), cath: 10 Fr, Cystoscopy/left ureteral stent (10/01), IVP (6/90)
5. UROLOGICAL 752.51			A + (positive)
6. BLOOD TYPE			IV: Porta Cath (10/24/01) RIS right clavicle (PC 0603880 - lot 36H124)
7. SPECIAL NOTES			

MEDICAL			
ACUPUNCTURE PHYSICIAN Barbara XXXXX RN, AP, Ocala, FL O: 352-xxx-xxxx		HOSPITAL North FL Regional Medical Center, Gainesville, FL 4/95, 1/97, 5/01, 9-10/01	
INTENSIVIST: Melvin XXXX, MD, Ocala, FL O: 352-622-xxxx		IMMUNIZATIONS Flu 02 Pneumo 79, 01 Tetanus 85 DPT 73, 79 Measles 74 Mumps 74 TB 78, 87	
PULMONOLOGIST: Robert xxx MD, Gainesville, FL O: 352-xxx-xxxx Bpr: 352-xxx-xxxx		ENTERAL Pulmocare (237ml) x 2 cans, nocturnal 70 ml/hr	
MEDICATIONS		HERBS / DROPS	VENT / TRACH / O2
Rx DAILY 1. Alprazolam (xanax) 0.5 mg QID 2. Aspirin-Child 81 mg 1 x 3. Temazepam 15 mg 1/4 S 4. DuoNeb 1 vial QID (Ipratropium, Bromide & Albuterol)		1. Lymphatic 5 2X 2. Flu Balancing 10 2X 3. Respiratory 7 2X 4. Allertox -airborne 5 2X 5. - - - Aller-Total 3 3x 6. - - - Allerdrain 10 4x 7. Immune 6 2X 8. Acute Rescue 5 2X 9. Urinary 8 2X 10. Digestive 3 2X 11. Mucous 5 2X 12. Cell 7 2X 13. Muscular 4 2x 14. Integumentary 8 2x 15. Er Cheng Tang 1 tsp 2X	VENT - Pulmonic LTV 900 Breaths 05 Tidal Volume 310 Inspiration 1.1 Pressure Support 13 Sensitivity 02 High 40 Low 02 TRACH: Shiley 6 cuffed (deflated)
Rx MONTHLY 1. Thiamine 100 mg monthly 2. Cyanocobalamin 1000 mcg/ml monthly (B12)		anxiety prevent clots sleeping pill nebulizer vitamin vitamin	
Rx PRN 1. Darvocet-N 2. Zithromax SUS PFIZ 3. Diphenhydramine		200/5ml 45ml 1-2 tablets pain antibiotic diarrhea	

INSURANCE			
BlueCross BlueShield of Massachusetts		BlueCross BlueShield of Massachusetts	
Primary Subscriber: xxxxx xxxxx BC/BS PPO Plan Code 200 Customer service: 800-296-xxxx XXP XXXXXXXX 10 PPO		Secondary Subscriber: xxxxx xxxxx BC/BS Blue Choice Plan 2, POS Code 200 Customer service: 800-222-xxxx XX XXXXXXXX 10	
HEALTH SURROGATE	P H (mother)	c 352-xxx-xxxx	h 352-xxx-xxxx

BC/BS Case Manager Debra XXXXXXX 800-392-xxxx ext. xx
Health Vendor 800-825-xxxx 352-373-xxxx acct. # xxxxx
Home Nursing Agency 352-xxx-xxxx acct. # xxxxx
Pharmacy 352-732-xxxx

PORTABLE MEDICAL SUMMARY

Name:
Address:
City, State, Zip:
Phone:

DOB: Gender: Male Allergies:

Insurance:

Primary Diagnosis:

Age at Onset	Date of Onset	History

Other Diagnoses:

Age at Onset	Date of Onset	History

Other Diagnoses:

Age at Onset	Date of Onset	History

Current Medications:

Medication	Dose	Started	Response

Past Medications:

Medication	Dose	Started	Response

Annual Testing:

Test	Date	Result

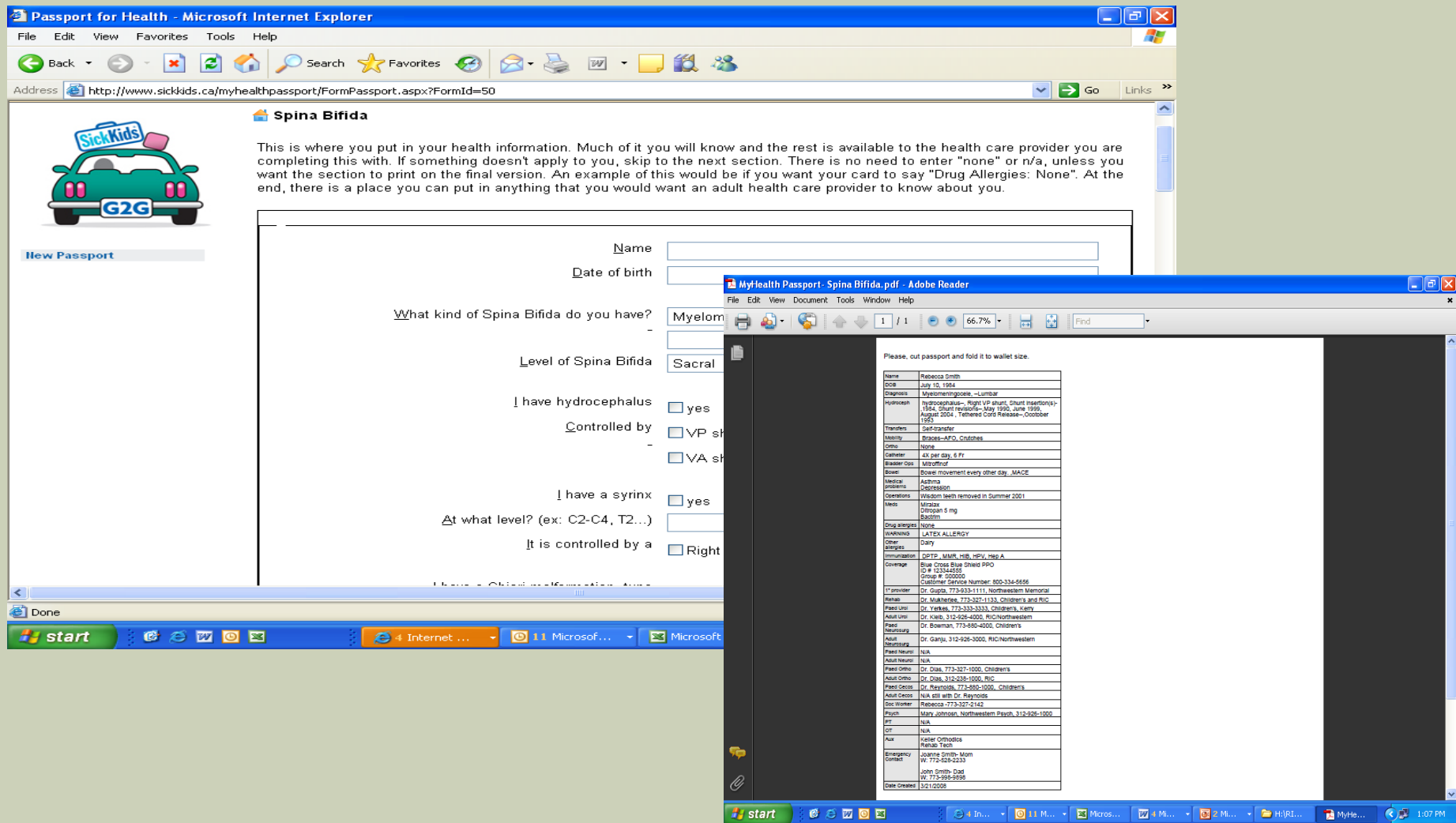
Medical Providers:

Name	Specialty	Contact No.

7/28/09 AR

My Health Passport

<http://www.sickkids.on.ca/myhealthpassport>



ELECTRONIC HEALTH RECORD

[HTTP://WWW.AMERICANMEDICAL-ID.COM](http://www.americanmedical-id.com)

Medical ID Alert Bracelets and Necklaces. American Medical ID. - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Forward Stop Reload Home Search Favorites RSS Mail Print Download Upload

Address http://www.americanmedical-id.com/marketplace/category.php?mastercategory=necklaces&bbscrollerpage=9&scrollcat=acc_usbdogtag Go Links


American Medical ID Identify Yourself for Life **15 YEARS OF SAVING LIVES!** UNITED STATES

MY CART CHECKOUT ONLINE ASSISTANT

BUILD YOUR ID NECKLACES BRACELETS JUST FOR KIDS GIFT & ACCESSORIES MORE INFORMATION CONTACT US

NECKLACES < 1 2 3 4 5 6 7 8 9 > View All

Google Site Search Search Our Site



USB Dog Tag ID

Introducing the USB Dog Tag ID...the first ever **engrable** USB/Medical ID!

- Engrave your most important medical details on the surface of the dog tag medical ID.
- Enter and store the rest of your medical information on the USB flash drive portable personal health file.
- Pre-loaded forms make it simple to set up and update.

RECENTLY VIEWED ITEMS

Click on an item above to view product information.

Error on page.

Internet

INSURANCE: THE GOOD, THE BAD, THE UGLY

- Insurance can be a significant barrier of transition. Uninsured rates are 29% for young adult compared with 14% national average
- There are a variety of insurance options for children and adults
- Insurance may change for our adult patients
- If a child received Medicaid/All Kids as a kid, it does not guarantee that they will be eligible as an adult
- Most dependents can now stay on insurance until they are 26 years old

HOW PROVIDERS CAN SUPPORT PATIENTS WHO LOSE INSURANCE

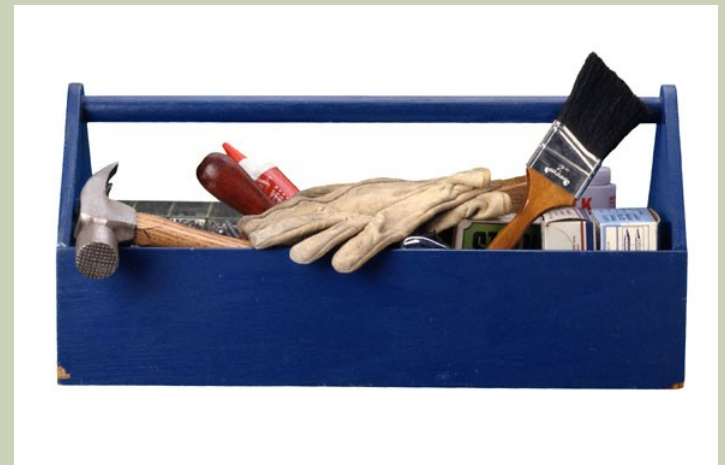
- Provide anticipatory guidance to plan for insurance needs as an adult. www.Healthcare.gov
- Social workers can provide resources to legal/advocacy support
 - Ex. Health & Disability Advocates can help appeal a SSI and Medicaid denial.
- Provide patient with health care clinics that see uninsured patients
- Patients without insurance may be eligible for medication prescription programs
 - Ex. www.needymeds.org

HEALTH INSURANCE OPTIONS

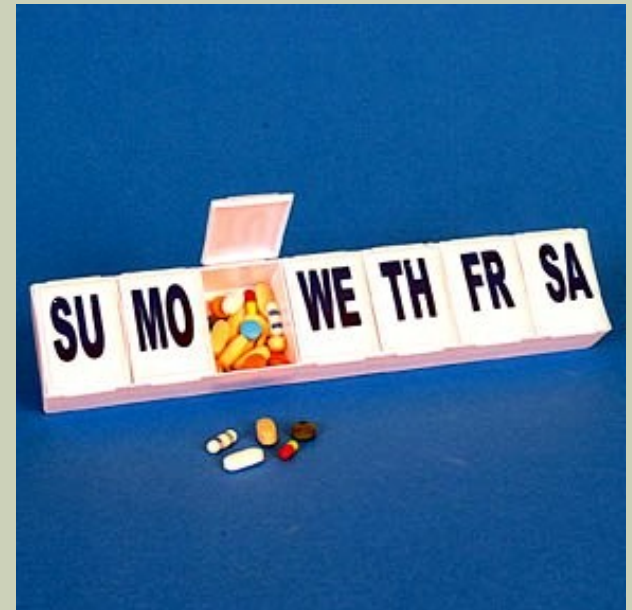
- Differs depending on state of residence
- Illinois: All Kids/Family Care (Up until 19th Birthday)
- Adult Medicaid (Income and Disability- SSI Definition)
- Medicare (Certain medical conditions)
- Private Insurance
 - Group
 - Individual (2014 can not be denied on pre-existing)
- **College/university insurance**
 - Illinois Comprehensive Health Insurance Plan (ICHIP)
(Anyone can apply, high premiums)
 - Illinois Pre-Existing Condition Insurance Plan (IPXP)
(Must be uninsured for 6 months)

TOOLS: TRANSITION RESOURCES

- Lurie Children's Division of Rheumatology Transition Documents
 - Word Documents available – we will let you know how to access
- Health Care Checklists
- Medical Health Summaries
- Transition Websites & Videos



MEDICATION REMINDERS



My Med Schedule

www.mymedschedule.com

MyMedSchedule® - Easily create free, printable, medication charts and daily pill reminders - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Forward Stop Home Search Favorites Mail Print W Word PDF Links

Address <https://secure.medactionplan.com/mymedschedule/> Go

MyMedSchedule.com® My Account | Find a Pharmacy | Log Out | Help




Step 3: Review the Schedule

Back to Step 2 Save Schedule Print Page

MyMedSchedule Checklist Instructions English

MyMedSchedule.com® Helping you take the right dose, at the right time, every day.™

Rebeccas Revised: 12/12/2008 at 11:37 AM

Take These Medications	At These Times		Purpose
	8am	9pm	
 Ditropan XL® (Oxybutynin chloride) 10mg Extended release tablet(s)		2 Extended release tablet(s)	Treats overactive bladder
 Tylenol® (Acetaminophen) 325 mg Tablet(s)	2 Tablet(s)		Pain reliever
 Catheter			

The pharmacist may make a generic substitution for the medication shown in your Daily Schedule. The medication name, dosage strength, shape, color, and size may change as a result of this substitution. Please check dosage strength on your prescription bottle against

©2006–2009 MedActionPlan.com, LLC | Privacy Policy | Terms of Use | Contact Us | Tell a friend about MyMedSchedule
Proprietary technology. Patent pending. The brands and trademarks included herein are the trademarks of their respective owners.

start 2 Internet Explorer - Inbox - Microsoft Ou... 2 Citrix ICA Client ... Publication1 (Read-... 4:21 PM

WEBSITES AND VIDEOS

■ Got Transition

- Got Transition/Center for Health Care Transition is a cooperative agreement between the Maternal and Child Health Bureau and The National Alliance to Advance Adolescent Health
- www.gottransition.org
- <http://www.gottransition.org/youthfamilies/index.cfm>

■ Arthritis Foundation

- Website is designed to prepare youth with rheumatic diseases and their families for the transition to healthy adulthood
- www.jatransition.org

WEBSITES AND VIDEOS

- <http://illinoisap.org/projects/medical-home/transition/resources-for-physicians/>
- <http://www.medscape.org/viewarticle/745416>
- <http://depts.washington.edu/healthtr/>

DSCC TRANSITION

[HTTP://INTERNET.DSCC.UIC.EDU/DSCCROOT/PARENTS/TRANSITION.ASP](http://internet.dsccl.uic.edu/dscclroot/parents/transition.asp)

The screenshot shows a Microsoft Internet Explorer window titled "UIC Division of Specialized Care for Children - About - Microsoft Internet Explorer". The address bar displays "http://internet.dsccl.uic.edu/dscclroot/parents/transition.asp". The website content includes a left sidebar with links to various resources, a main content area with introductory text and a section for parents and youth, and a right sidebar with a vertical menu of site navigation options.

UIC Division of Specialized Care for Children - About - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Address <http://internet.dsccl.uic.edu/dscclroot/parents/transition.asp> Go Links

Transition Resources

- [Fact Sheet & Worksheets](#)
- [Teaching Sheets](#)
- [Activity Sheets](#)
- [Transition Timeline](#)
- [Health Care Information](#)
- [Post Secondary Education & Training Information](#)
- [Employment Information](#)
- [Transportation](#)
- [Work Incentive Programs](#)
- [Future Planning](#)
- [Back to Library Listings](#)

DSCC Transition Information and Resources

All of us go through transitions in our life, from infancy to childhood, from preschool to primary school to high school, and from teenagers to adulthood. The journey to adulthood is often filled with joys and challenges, hurdles to cross and paths to choose. Planning ahead and preparing for these changes will help you to take full advantage of the choices that lay before you.

Planning for the transition from pediatric doctors to adult doctors, moving from school to work, and achieving the highest level of independent living can be exciting and challenging. It is never too early to begin thinking about and preparing for your child's future. The materials listed below can help guide you and your child as you experience life's transitions.

Transition Fact Sheet and Worksheets for Parents & Youth

The **Transition Information Sheet for Families** explains what medical transition is and why it is important. This fact sheet also identifies the key issues that must be considered as your child grows and matures and takes on more responsibility for their own health and well-being. The Transition Information Sheet for Families is available in both [English](#) and [Spanish](#).

The **Transition Worksheet for Parents** can be used to help you identify what you and your child have considered or planned for their life as an adult. It can be used to help you prepare for all aspects of independent living including transportation, employment, financial resources, medical care and many others. The Transition

WHAT'S NEW

- FAMILIES
- PROVIDERS
- CONTACT US
- RESOURCE LINKS
- FIND AN OFFICE
- LEGISLATION
- EMPLOYMENT
- MEDICAL HOME
- FRIENDS OF DSCC
- SITE MAP
- HOME

Internet

HEALTH CARE TRANSITIONS

[HTTP://HCTRANSITIONS.ICHP.EDU/HCT-PROMO](http://HCTRANSITIONS.ICHP.EDU/HCT-PROMO)

Health Care Transitions - Web, Video, and Print Resources - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Forward Stop Reload Home Search Favorites RSS Print Mail News Groups


Address Go Links >>

Health Care Transitions

Web, Video, and Print Resources

John Reiss, PhD
Health Care Transition Initiative
352.265.7220 ext. 86288 ~ jgr@ichp.ufl.edu

produced by
The Institute for Child Health Policy
at the University of Florida






Print Resources

**Since You're Not A Kid Anymore
It's Time To Be More In Charge Of Your Health Care**

**Now That You're In High School
It's Time To Be More In Charge Of Your Health Care**

**When You're 18
You ARE In Charge Of Your Health**


These 30 page health care transition guides include information and activities designed to help teens with special health care needs take a more active role in their own health care. All are available for download as a full color PDF document.



Streaming Videos

Talking With Your Doctor

This 18 minute video teaches teens how communicate effectively with health care providers so that they answer teens' questions and give the information and supports teens need to be more in charge of their own health. Teens will also learn how prepare and give health care providers the information they need to give teens the best possible medical care. (2008)

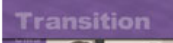


[Streaming Video and Download Page](#)

Available on a DVD for \$5. To order e-mail John Reiss at jgr@ichp.ufl.edu.

This is Health Care Transition

Growing up and becoming an adult is difficult for all youth, but can be especially




Internet


LURIE CHILDREN'S SITE


[HTTP://WWW.LURIECHILDRENS.ORG/EN-US/CARE-SERVICES/FAMILY-SUPPORT/TRANSITIONING-TO-ADULT-](http://www.luriechildrens.org/en-us/care-services/family-support/transitioning-to-adult-care/pages/default.aspx)

[CARE/PAGES/DEFAULT.ASPX](http://www.luriechildrens.org/en-us/care-services/family-support/transitioning-to-adult-care/pages/default.aspx)

**Ann & Robert H. Lurie
Children's Hospital of ChicagoSM**
Formerly Children's Memorial Hospital

[Care & Services >](#) [Research >](#) [Get Involved >](#) [Community >](#)

 [SEARCH](#)



Transitioning from Pediatric to Adult Care

For teen-agers living with a chronic illness, gaining more responsibility for their health, their life and moving towards adulthood can be an exciting and challenging time.

[LurieChildrens.org > Care & Services > Family Services & Support > Transitioning from Pediatric to Adult Care](#)

[Our Culture of Care](#)
[Conditions & Treatments](#)
[Find A Doctor](#)
[Appointments](#)
[Your Visit](#)
[Hospital & Visitors Guide](#)
[Parking & Locations](#)
[Billing & Medical](#)

Transitioning from Pediatric to Adult Care

For teen-agers living with a chronic illness, gaining more responsibility for their health, their life and moving towards adulthood can be an exciting and challenging time.

Key Points

During the transition process, key points to remember:

1. Start early – begin planning by age 14
2. Remember that "transition" is a process, not an event
3. Get help from your current pediatric healthcare team
4. Involve teens in decisions, and empower them with more independence
5. Transfer to adult care should not happen during a medical crisis

[For Healthcare Professionals >](#)

I Want To:
[Find a Doctor >](#)
[Get Directions/Parking >](#)
[Request an Appointment >](#)

Related Stories

THINGS TO REMEMBER...

- Transition involves planning for teens' future in school and work, community, relationships and medical care
- Transition is a process not an event
- Start early!
- Follow your provider's transition policy
- Use checklists and resources
- Talk with your doctor about health care transition

CONTACT INFORMATION

- Megan Curran, MD
 - mcurran@luriechildrens.org